

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Exercise, Fitness & Fun 9:00am-9:45am Room 110 Arthritis Exercise class 11:00-11:45am 2:00-2:45pm-Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm	3 Arthritis Exercise class 9:00-9:45am-Rm 110 Cholesterol Facts 10:00-11:00am Room 122 Arthritis Aquatics -Pool 1:00-1:45pm Arthritis Exercise class 2:00 to 2:45pm- Room 110	4 Exercise, Fitness & Fun 9:00am-9:45am Room 110 Arthritis Exercise class 11:00-11:45am 2:00-2:45pm Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm	5 Arthritis Exercise class 9:00-9:45am Room 110 Arthritis Aquatics -Pool 1:00pm-1:45pm Arthritis Exercise class 2:00pm -2:45 pm Room 110	6 BMI Screening 8:30-10:30am Room 120 Arthritis Aquatics -Pool 9:00-9:45am,	7
8	9 Exercise, Fitness & Fun 9:00am-9:45am Room 110 Arthritis Exercise class 11:00-11:45am 2:00-2:45pm-Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm	10 Arthritis Exercise class 9:00-9:45am-Rm110 Diabetes Awareness class 10:00-11:00am Room 122 Arthritis Aquatics -Pool 1:00-1:45pm Arthritis Exercise class 2:00pm-2:45pm Room 110	11 Exercise, Fitness & Fun 9:00am-9:45am Room 110 Arthritis Exercise class 11:00-11:45am 2:00-2:45pm Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm	12 Arthritis Exercise class 9:00-9:45am Room 110 Arthritis Aquatics -Pool 1:00pm-1:45pm Arthritis Exercise class 2:00pm -2:45 pm Room 110	13 BMI Screening 8:30-10:30am Room 120 Arthritis Aquatics -Pool 9:00-9:45am,	14
15	16 Blood Pressure Screening 8:30 to 10:30am Room 120 ASK A NURSE CLASS 10:00 to 11:00am Room 118	17 Walking 101 9:30 to 10:30am UTHSC Track ASK A PHARMACIST CLASS 9:00-9:45am Room 118	18 Glucose/Cholesterol Screening 8:30 to 10:30am Room 120 Healthy Eating Interactive Bingo 10:00am to 11:00am	19 Walking 101 9:30 to 10:30am UTHSC Track	20 BMI Screening 8:30-10:30am Room 120	21
22	23 Exercise, Fitness & Fun 9:00am-9:45am Room 110 Arthritis Exercise class 11:00-11:45am Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente 1:30 to 3:00pm Room 110	24 Arthritis Exercise class 9:00-9:45am-Rm 110 Arthritis Aquatics -Pool 1:00-1:45pm Arthritis Exercise class 2:00pm-2:45pm Room 110	25 Exercise, Fitness & Fun 9:00am-9:45am Room 110 Arthritis Exercise class 11:00-11:45am Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente 1:30 to 3:00pm Room 110	26 Arthritis Exercise class 9:00-9:45am-Room 110 ASK A DOCTOR CLASS 12:30 to 1:30pm Room 110 Arthritis Aquatics -Pool 1:00pm-1:45pm Arthritis Exercise class 2:00pm -2:45 pm Room 110	27 BMI Screening 8:30-10:30am Room 120 Arthritis Aquatics -Pool 9:00-9:45am	28
29	30 Exercise, Fitness & Fun 9:00am-9:45am Room 110 Arthritis Exercise class 11:00-11:45am 2:00-2:45pm-Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente 1:30 to 3:00pm Room 110	31 Arthritis Exercise class 9:00-9:45am-Rm 110 Cataract Awareness class 10:00-11:00am-Room 122 Arthritis Aquatics -Pool 1:00-1:45pm Arthritis Exercise class 2:00 to 2:45pm-	Blood Pressure Screening Every Monday 8:30-10:30am Room 120 Glucose/Cholesterol Screening Every Wednesday 8:30-10:30am Room 120	Arthritis Aquatic -Pool 5:30 to 6:15pm 6:30 to 7:15pm Every Tuesday evening	WALKING 101 Tuesday/Thursday 9:30 – 10:30am UTHSC TRACK	